

INTIMATELY SPEAKING



Yours sexpert Julie Peasgood offers some love life advice for grown-up women (and men in your life, too)

As I'm sure you can imagine, it's always a challenge on the Alan Titchmarsh Show to find intimate issues that are appropriate for discussion at 3pm. One of the new ideas coming up is 'Julie's Clinic' on Wednesdays, where I'll be answering viewers' questions on screen. If you think I can help you, please tune in and I'll do my best to solve your problems (names will be changed, by the way!)

I do get excited when in my research I discover new products that I know will help, and I've just found a winner I have to share with you. 'Yes' is the world's first and only certified organic personal lubricant, made from natural plant-based ingredients. Because it's totally free from synthetic nasties or harmful chemicals, it actually nourishes, rather than irritates, the delicate vaginal membranes, so it's proving a godsend for anyone compromised by dryness. The two women who invented 'Yes' say that they're often in tears when they open their mail, such is the gratefulness

'Yes, will impress...'

expressed in the letters they receive.

It comes in two varieties, water-based and oil-based, and a good tip is to combine both for amazing glide and longevity. But if you're using condoms, stick to the water-based one – although oil-based lubricants are longer lasting, they're not condom compatible. The water-based closely mimics natural juices, and it's also intensely moisturising, so it hydrates you even if you're not sexually active. Visit www.yesyesyes.org for more info, or call 08456 448813.

I'm hoping 'Yes' will impress Alan too – because of its purity it's the only lubricant that carries the Soil Association's seal of approval! If organic production methods can save the world, now you can make love and really have the earth move...